



Aging and Disability  
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on  
**Facebook**

Dodge County ADRC



[www.co.dodge.wi.gov](http://www.co.dodge.wi.gov)

## ADRC Recipe Box

### Healthy Pumpkin Muffins



#### Ingredients:

- ◆ 1 c. all-purpose flour
- ◆ 1/2 c. whole wheat flour
- ◆ 1 tsp. baking powder
- ◆ 1/2 tsp. baking soda
- ◆ 1/2 tsp. kosher salt
- ◆ 2 tsp. pumpkin pie spice
- ◆ 1 c. canned pumpkin
- ◆ 1/2 c. honey
- ◆ 2 large eggs
- ◆ 6 T. butter, melted
- ◆ 1/4 c. Greek yogurt
- ◆ 1 c. toasted and chopped pecans
- ◆ 2 T. sugar

For more recipes like this,  
head to [delish.com](http://delish.com)

#### Directions:

1. Preheat oven to 325 degrees and line tin with liners.
2. In large bowl, whisk flours, baking powder and soda, salt, and pumpkin pie spice. Add pumpkin, honey, eggs, butter, and yogurt and mix until combined. Fold in 3/4 cup pecans.
3. Divide batter into liners, then top with remaining pecans and sugar. Bake until muffins are golden brown and toothpick comes out clean, about 30 minutes. Let muffins cool in pan, then serve. **Serves 15**



Official 2019 Dodge County Resource Directories are now available!  
Contact the ADRC to receive your copy or view it on our webpage.

TO OUR FRIEND:

Henry Dodge Office Building  
199 County Road DF  
Juneau, WI 53039



Connecting You with  
Supports and Services



199 County Road DF - 3<sup>rd</sup> Floor • Juneau, Wisconsin 53039  
920-386-3580 or 800-924-6407

## Supervisors Report...From the Desks of Kris Schefft and Jackie DeLaRosa

# TIME TO CELEBRATE OUR SUCCESSSES



**Staff of the ADRC have been out and about this past summer and have lots of news to share!**



Stop in and see the artwork in our halls created by 4H groups in Dodge County. These pieces are winners from the Dodge County Fair and are on loan by the artists until next June. We love the creativity expressed by these youth!

Many staff from the ADRC were involved in a fundraiser for the Dementia Concerns Coalition on September 21<sup>st</sup>. A Zumbathon was held to raise funds and we raised just under \$1,500. Why Zumba? Because we know exercise is one of the ways we can stay healthy and fight off dementia... and it's fun!! We had close to 75 people walk through the doors to either participate or support the cause. There were six Zumba instructors, eight local sponsors including Powerhouse Athletics who donated the space, and all helpers volunteered their time as well. All of these monies stay in Dodge County to support families who have loved ones with dementia. The DCC has been in operation for 21 years supporting the needs of Dodge County.



The ADRC was spotlighted at the County Board meeting on September 17, 2019. This opportunity was sponsored by Supervisor Miller and gave us a chance to share the variety of services provided by the ADRC with our elected officials. We were also able to share our new resource directory, printed and sponsored by 44 North. These directories are free to the public and offer resources specific to Dodge County. Look for these in your doctor's office, libraries, or give us a call if you would like one.

We were able to utilize funds to create a part time volunteer coordinator position through the end of 2019 to support the nutrition program and train volunteers. In addition to recruiting volunteers and speaking to groups about our needs, this staff person has also recruited 20 volunteers to fill roles at meal sites and driving meals on wheels to ensure home delivered participants receive their meal!



Our Transportation Program has been able to move forward on their dream of making our vans more visible and have some of the fleet wrapped in bright decals easily identifying our fleet (see page 9 for more information)

**Upcoming events can be found in the *Calendar of ADRC Events* on page 7. So many good things are happening in Dodge County! We are looking forward to sharing our progress on outreach and increasing collaborations in our next newsletter as well.**

## Autumn Issue 2019

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The ADRC and  
Aging  
Programs in  
Dodge  
County  
are just a  
phone  
call away!



920-386-3580  
or  
800-924-6407



## Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

### Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft  
 Aging/Nutrition/Transportation Supervisor.....Jackie DeLaRosa  
 Aging & Disability Resource  
 Specialists.....Diane Coulter, Pam Couperus, Heather Ehrlich,  
 .....Morgan Leistekow, Lynn Lothen, Vicki Zimmerman  
 Caregiver Program Coordinator.....Catherine Knickelbein  
 Community Education Coordinator.....Olivia Gerritson  
 Customer Service & Support Staff.....Jackie Wendlandt &  
 .....Jeannette Moon  
 Dementia Care Specialist.....Rob Griesel  
 Dining Center Managers.....Melva Brown-Dring, Inez Feilbach  
 .....Judy Hedstrom, Jane Hilgendorf,  
 .....Barbara May, Rose Newman,  
 .....Marcey Sage, Judy Schraufnagel,  
 .....Linda Zastrow, Joan Zehner  
 Disability Benefit Specialist.....Ashley Sanborn  
 Elder Benefit Specialist.....Amanda Higgins  
 Transportation Staff.....Elaine Deblare, Hannah Rohlinger  
 Van Drivers.....Bill Benedon, Mark Callies,  
 .....Mike Falkinham, Jerry Groehler, Greg Maier,  
 .....Dave Pasewald, Robert Petrick



My name is Hannah Rohlinger. I am the new Customer Service Support Specialist for the ADRC/Transportation. I am new to working at Dodge County. I am from a small town called Fall River. I grew up there most of my life then ended up going to high school in Beaver Dam. I enjoy going to the races, being outside and especially being with my friends and family! I try and live an active lifestyle but sometimes love vegging out on my couch and binge watching a new series. I love dogs, tacos, and coffee!



The Dodge County Transportation Program is happy to welcome Bill Benedon, our newest van driver. Bill has been with us since June 17th and brings many years of driving experience to the team. Welcome, Bill!



Hello! My name is Morgan Leistekow and I am the newest Aging and Disability Resource Specialist. I recently graduated from the University of Wisconsin - Green Bay with a Bachelor's

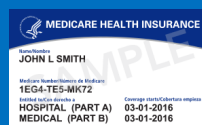
Degree in Social Work. In my free time, I enjoy being outdoors. I love to hike, fish, kayak, play disc golf, and go to my family's cabin up north. I also love spending time with my family, friends, and boyfriend. They are all such important people in my life, and I appreciate the ability to make memories together. I am so excited to be a part of the ADRC and cannot express enough how grateful I am for this opportunity. It makes me happy to have a job that gives me the chance to make a difference in peoples' lives. I certainly look forward to what the future holds!



What would  
you like to  
see in our  
Winter  
Issue?

### 2019 Welcome To Medicare Workshops

- ✓ Are you or someone you know turning 65 this year?
- ✓ Confused about your Medicare options?
- ✓ What plan is right for you?
- ✓ Come learn about the A, B, C, and D's of Medicare.



*\*both classes will be open to any persons under 60 who are or will be eligible for Medicare in the upcoming months*

**\*Monday, October 7, 2019 9 am - Noon**

**\*Thursday, November 7, 2019 4 - 7 pm**





## Planning: An Important Resource for Spousal Caregivers

A study published in the June issue of *Health Affairs* shows married partners frequently serve as the only caregiver for their spouse in the last years of life. According to the study, one third of spouses receive little or no help from adult children. Only 11% of spouse caregivers receive support from other family or friends, and just 40% of spouse caregivers seek paid help. The majority of spouses who provided care at home during the last years of their spouse's life did not receive any support—paid or unpaid—for self care or household tasks.


Solo caregiving for a spouse can be a meaningful and valued personal experience that connects the caregiver to their loved one. It also allows the caregiver more control by avoiding any arguments among multiple caregivers on how to proceed. At the same time, spouses as caregivers experience more burden and depression than other family members do. They may struggle to ask for help or feel they lack choice about providing care. They also often provide complex and physically demanding care.

Families must take into account that older adults caring for a spouse are very often coping with illness and disability themselves. In some cases, couples have functioned like two parts of a whole—dependent on one another to get by. It is not uncommon for one person in the couple to handle certain tasks of daily living while the other manages to take on the rest. Caregivers in this situation are particularly vulnerable when they don't have help, and a surviving spouse may well lose their ability to live in their home once

they are on their own. As our reliance on family caregivers to assist seriously ill older adults at home increases, the need to provide assistance to couples caring for one also increases. Programs like the National Family Caregiver Support Program (NFCSP) play a prominent role in helping caregiving spouses access paid help. Unfortunately, need is quickly outpacing resources available for grants alone.

When considering how to best support caregiving couples and to help them avoid the most serious pitfalls, planning is a critical component.



Early on, respite and self-care are important priorities, as is understanding what you are capable of providing as time goes on. Important considerations include what happens when your home no longer works for your changing needs? What are your options given your health status and financial situation? What happens to your spouse if something happens to you? How do you stay connected in the community so you don't become isolated? What are your wishes for end-of-life care? It can be painful to plan how you will manage when a long marriage or partnership changes dramatically. Delaying until an inevitable crisis occurs multiplies caregiver stress and limits choice for everyone involved. It doesn't come naturally to us to plan for the inevitable losses life brings, but doing so can bring relief and even peace of mind to the extent that is humanly possible. If you need help finding options, call your  at 920-386-3580.



from an article by Jane De Broux  
Dane County Caregiver Program Coordinator



### Note from the Dodge County Caregiver Program Coordinator:

**Our Dodge County Caregiver Support Group is back in full swing on the 1st Tuesday of every month from 1-2 pm at the Henry Dodge Office Building in Juneau. Call the ADRC for more information or to register. 920-386-3580**

## What is Transition?

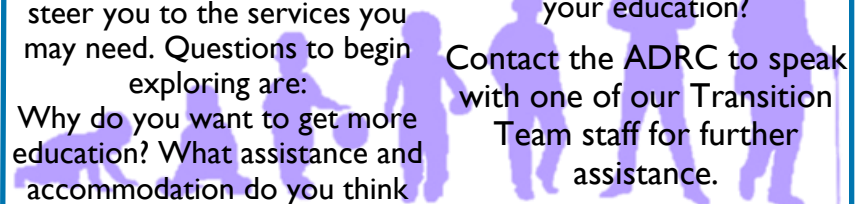
**Transition** is for individuals who need extra support in high school - supports look different as an adult. Are you in high school and considering going on to school when you graduate? The ADRC can help steer you to the services you may need. Questions to begin exploring are:

Why do you want to get more education? What assistance and accommodation do you think

you will need? Are you able to talk about your disability and what help you will need?

Where do you plan to live while in college? How will you manage your transportation needs? How will you pay for your education?

Contact the ADRC to speak with one of our Transition Team staff for further assistance.





## YOUR BENEFIT NEWS

*Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist*



### Check Your Medicare Plan in the Fall!

With summer here, fall is sure to follow, and fall is the time for people who have Medicare to review their drug and health plan coverage. You might think that once you have a drug plan or Advantage plan that you are all set. Not so! Even if you have been completely happy with your drug plan or Advantage plan, you should review your options each fall because your current plan could be changing and so will the other plans available to you.



Your plan could become more expensive and others could become cheaper. Your plan could change its formulary so that it no longer covers all your medications. Plans that may not have covered all of your medications this year may cover them next year. Plans could also have different pricing at different pharmacies.

Your current plan should send you an **Annual Notice of Change (ANOC)** by September 30<sup>th</sup>. This notice will tell you how your plan is changing for 2020. Look for the ANOC, it may come as a separate letter or be the first few pages of the 2020 Evidence of Coverage booklet. Make sure to read it carefully.

Next comes the **Annual Enrollment Period (AEP)**. During **October 15, 2019 to December 7, 2019** you can compare the plan costs and coverage for 2020. Then, you can decide if you want to keep your current plan or change to a different plan that will start in January 1, 2020.

The only unbiased way to compare costs is by using the **Planfinder** tool located at [www.Medicare.gov](http://www.Medicare.gov). The Planfinder allows you to compare plans based on the medications you take and a way to determine the most affordable plan for you. You cannot determine how expensive a plan will be, based on the premium alone. It is recommend that you do not choose a plan based on the company name or the premium amount. Mark your calendar to look for your Annual Notice of Change (ANOC) at the end of September, then contact one of the resources below for unbiased help during the Annual Enrollment Period (AEP).

- ADRC of Dodge County: 920-386-3580
- Disability Drug Benefit Helpline: 1-800-926-4862
- Medicare: 1-800-Medicare (1-800-633-4227)
- Medigap Helpline: 1-800-242-1060



If you want more information about this topic or other benefit related topics, for residents age 60 and older, contact the Dodge County Elder Benefit Specialist at the Aging and Disability Resource Center (ADRC) at **920-386-3580** or **800-924-6407**.

*Published with permission from the Legal Services Team at the Greater Wisconsin Area on  
Aging Resources' Elder Law & Advocacy Center*



**2<sup>nd</sup> Friday of the Month: 2:30 to 4:00 pm**  
**Hosted at alternating locations in Dodge County**

**Please Join Us!**



**Friday, October 11 Topic: Apples to Apples**

Dodge County Administration Building  
127 E. Oak St. - Juneau



**Friday, November 8 Topic: Degas's Dancers**

UnMasked Expressive Therapies  
207 N. Spring St. - Beaver Dam



**Friday, December 13 Topic: Holiday Gathering and Explorium Tour**

Horicon Marsh Education & Visitor Center  
N7725 Hwy 28 - Horicon



**Space is limited and reservations are required. Please call the ADRC at 920-386-3580 to register today.**

## **Dodge County Dementia Caregiving Conference**



***"A Roadmap to a Stronger Tomorrow"***

**Thursday, October 17, 2019**

**8 am - 4:30 pm**

***SpringBrook Event Venue - N8400 County Road I - Burnett***

### **Workshop Topics from Eight Presenters Include:**

- ♦ Behavioral & Psychological Symptoms of Dementia
- ♦ The Healing Power of Storytelling
- ♦ Meeting the Spiritual & Cultural Needs of Persons with Dementia
- ♦ Understanding Alzheimer's & Dementia
- ♦ Celebrating Creativity in Elder Care - Alzheimer's Poetry Project
- ♦ Living with Dementia Panel
- ♦ Dementia Friends Information Session
- ♦ Ambiguous Loss: What is it? How Does it Impact our Emotional/Physical Well Being?

**Choose the workshop(s) that interest you!**

**\* FREE Conference**

**\* Lunch is Provided**

**\* Certificates of Attendance will be provided for professionals attending the full day**

**Register online at [alz.org/sewi/events](http://alz.org/sewi/events) or mail completed registration form to:**

**Alzheimer's Association  
620 S. 76th Street, Suite 160  
Milwaukee, WI 53214**

**Contact Alyssa Nickodem with questions: [alnickodem@alz.org](mailto:alnickodem@alz.org) or call 800.272.3900**





## Waupun Police Department Became Dementia Friendly

The Waupun Police Department became a Dementia Friendly Department on August 2<sup>nd</sup>. The department heads and over half of the staff were trained. They will be training the remaining staff this fall. Their work environment was looked at, suggestions made on things to be aware of, and possible changes to consider. We are very excited to have another Waupun group trained. Thanks Waupun Police Department for helping make Dodge County more Dementia Friendly. If you would like more information on free Dementia Friendly training for your staff/organization, please contact Rob Griesel at 920-386-4308.

## Respite Day

**December 4 from 9:30 am - 2:30 pm**

Are you a care partner to someone with dementia? Do you need a break, maybe a nap, need to run some errands, or meet up with a friend you have not had time to see? This is a day for you to drop your loved one off at the TAG Center in Mayville for a day of fun activities while you go do whatever you want. We had such a good time last year we decided to do it again! Activities to include music, crafts, games, and even a massage. This is a free event but space is limited and registration is required by calling the ADRC. 920-386-3580



## Holiday Party

**December 17 from 12 - 2 pm**

Second Annual Holiday Party for people with dementia and their care partners. This year the party will be at Horicon Hills Golf Club. Snacks and refreshments will be available for attendees. We will play some holiday games, share some stories, and enjoy the holiday season together. This is a free event but space is limited and registration is required through the ADRC. 920-386-3580

## At the Crossroads....

### Alzheimer's, Dementia, and Driving



Learn about how cognitive changes affect driving skills, how to know if a person should stop driving, transportation alternatives, how to have a good conversation about not driving, as well as if all else fails...then what?

This is a 3 week series being offered for care partners and loved ones of individuals with dementia.

**Watertown Regional Medical Center**  
**125 Hospital Dr - Watertown, WI**

**Tuesdays**  
**October 22 and 29**  
**plus**  
**November 5**  
**10 am - 12 pm**

This event is **FREE**.  
Registration is required.

Call the ADRC of  
Dodge County

**920-386-3580**



Offered through the  of both Dodge and Jefferson County  
Aging & Disability Resource Center



## Horicon Marsh Boat Tour Recap

September 18<sup>th</sup> we offered a first ever opportunity for a boat tour around the Horicon Marsh for individuals with dementia and their caregivers. All seats were filled! Two pontoon boats tethered together are used to accommodate these large groups. We saw many different types of migrating birds and even a bald eagle that sat and posed for us as we went by. Many of the participants had never been out on the marsh and the weather could not have been better.



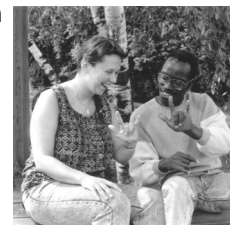


## Our Transportation Program Continues to Flourish!

During the 2<sup>nd</sup> quarter of 2019, our paid drivers and accessible fleet provided 902 rides. Our outstanding volunteer drivers provided 1,563 rides! You might recognize our vehicles, now that we are having them wrapped with our logos and information on transportation services. Below is a sneak peek of

what you will soon be seeing on our vans. Dodge County's Transportation Program offers rides to residents of Dodge County. We specialize in serving seniors and individuals with disabilities. Rides are based on a suggested donation, no rider is denied if they are unable to make a donation. For more information, contact the Transportation office at 920-386-3832.

Independent Living Skills Training can be an extremely useful service for youths with disabilities who would like to move out of their parent's or guardian's home into their own home! Staff from Access to Independence can work one-on-one with people to help build the skills they feel they need to live as independently as they would like to be. We often ask youths or others with disabilities who would like to live on their own: What barriers do you feel you would face if you were living on your own? Staff from Access to Independence can help identify these barriers, prioritize them and start working on developing the needed skills. Some common skills that people like to work on include cooking, shopping, budgeting, paying bills, cleaning, organizing, home safety, and scheduling daily cleaning tasks. For example, if someone feels that they wouldn't be able to grocery shop and cook for themselves, Access staff can help that person develop the skills needed to make grocery lists, shop at the store, and cook their own meals. Staff would meet with the individual in their home and identify what kind of meals they would like to have and develop the grocery lists. Staff would meet with the individuals at the grocery store for the shopping. Staff would then meet the individuals at their home so they can learn to cook their meals. Staff can continue with these skills training steps until the individuals feels that they are comfortable doing them on their own. Once that goal has been achieved then it's onto the next goal! Onwards and upwards!!



## ACCESS ONWARDS AND UPWARDS!!

Access to Independence is the Independent Living Center that covers Dane, Dodge, Green and Columbia Counties. Every Independent Living Center has **5** core services: Information and Referral, Peer Support, Independent Living Skills Training, Advocacy, and Transition Services.

Access to Independence works with people of any disability and of any age. All the services are of no costs for the people we work with. For more information about Access to Independence call **608-242-8484**, or toll-free at **800-362-9877**. You can also visit Access's webpage at <http://www.accesstoind.org/>.

The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

**I'd like to receive the ADRC newsletter at home!**

Please add my name to your mailing list.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

☐ I have a change of address

### Mail to:

ADRC of Dodge County  
199 County Road DF - 3rd floor  
Juneau, WI 53039







# Disability Benefit Specialist News

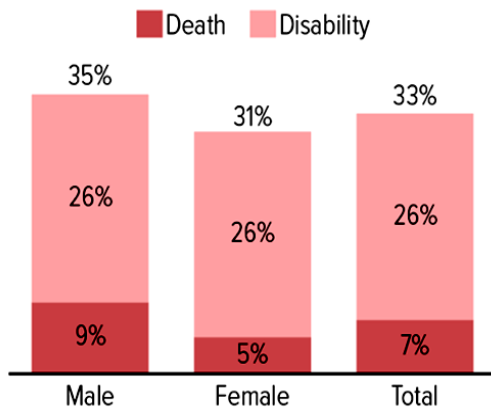
Submitted by  
Ashley Sanborn, DBS

## Social Security is much more than just a retirement program.

A young person starting a career today has a 1 in 3 chance of dying or qualifying for SSDI before reaching Social Security's full retirement age.

## Young Workers Have 1 in 3 Chance of Death or Disability Before Retirement

Probability of disability or death before reaching Social Security's full retirement age



Note: Projections are for workers reaching age 20 in 2019, for whom the full retirement age is 67.

Source: Social Security Administration

CENTER ON BUDGET AND POLICY PRIORITIES | CBPP.ORG

## SOUTHERN WISCONSIN VET CON 2019

COMING SOON: TUES NOVEMBER 19<sup>TH</sup>, 2019 | 8:45 AM – 2:30 PM

Alliant Energy Center | 1919 Alliant Energy Center Way, Madison, WI

Who Should Attend: Veterans, their families and friends

### 9 AM Opening Ceremony and Official Welcome

#### Speakers on the following topics:

- ❖ Pension with Aid & Attendance and Survivor Benefits
- ❖ Travel resources to VA appointments and other community based resources
- ❖ Service-Connected Disabilities to include Presumptive Disabilities
- ❖ Caregiver and Dementia information and resources
- ❖ Mission Act updates and VA eligibility
- ❖ DNR – licensing, permits, and accessible parks and recreation
- ❖ Service animals and emotional support animals
- ❖ Adaptive sports and alternative whole health therapies

To register: call the ADRC of Dodge County at (920) 386-3580 or visit us at 199 County Road D F, Juneau, WI 53039

- ❖ Must be registered to receive lunch
- ❖ Transportation may be provided; please ask when registering regarding transportation

Deadline to register is November 1<sup>st</sup>, 2019.

#### Participating County ADRCs:

Dane, Rock, Jefferson, Dodge, Columbia, Green, Grant, Iowa, Lafayette, Sauk, Richland, Juneau, and Crawford



REGISTER TODAY

## September Was National Preparedness Month...Are You Prepared?

Have you made the necessary decisions to complete your Power of Attorney (POA), both Healthcare and Financial? If not, the time is NOW!!! If so, when was the last time you reviewed the decisions you have already made? It is important to make your decisions as early as possible and to review these decisions periodically. You want to make sure all the important people in your life know what your decisions are and where the paperwork can be found.

**Have you given a copy of your healthcare POA to your primary care physician? Have you given a copy of your financial POA to any and all financial institutions where you have accounts?** The above two questions are **TREMENDOUSLY IMPORTANT.**



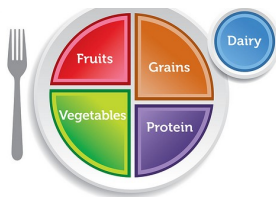
If the people you have chosen to follow through on the decisions do not know where to find the documentation when stress levels are high, your efforts were worthless. Be prepared; make important decisions as early as possible, share your decisions with all necessary parties, and if you have questions or do not understand something, ASK, multiple times if necessary, to make sure you fully understand the choices you are making. Making decisions, before the response is necessary will give you the greatest opportunity to make an educated choice in your options. You can visit the Wisconsin State Law Library (<http://wilawlibrary.gov/topics/estate/poa.php>) to see some of the questions that are asked on each of the Power of Attorney (POA) forms; however, it may be in your best interest to consult with an attorney regarding your personal situation. Be prepared for the best possible outcomes!

April DeValkenaere, SBWCP, CFCI  
Owner and Founder @





# Senior Dining Menus



Call or **920-386-3580** or **800-924-6407** the day before to register for a hot, noon meal

O C T O B E R		<b>1</b> Pepper Steak Baked Potato	<b>2</b> Pork Steak Mashed Potatoes	<b>3</b> Beef Stew Tossed Salad	<b>4</b> Orange Chicken White Bean Salad
	<b>7</b> Glazed Ham Sweet Potato Bake	<b>8</b> Swedish Meatballs Mashed Potatoes	<b>9</b> Baked Spaghetti Mixed Italian Salad	<b>10</b> Chicken Breast Mashed Potatoes	<b>11</b> Pot Roast Baby Red Potatoes
	<b>14</b> Beef Bologna Calico Bean Casserole	<b>15</b> Baked Chicken Twice Baked Potatoes	<b>16</b> Meatloaf Baked Potato	<b>17</b> Pork Jaegerschnitzel Mashed Potatoes	<b>18</b> Cranberry/Kraut Meatballs Brown Rice
	<b>21</b> Roast Turkey Mashed Potatoes	<b>22</b> Ham Rolls Squash	<b>23</b> Chicken, Broccoli, and Rice Casserole Tossed Salad	<b>24</b> Chopped Steak in Burg/Mush Sauce Mashed Potatoes	<b>25</b> Bratwurst on a Bun Baked Beans
	<b>28</b> Salisbury Steak Mashed Potatoes	<b>29</b> White Chicken Chili Spinach Salad w/ Hot Bacon Dsg	<b>30</b> Baked Chicken Garlic Mashed Potatoes	<b>31</b> BBQ Meatballs Red Beans and Rice	
N O V E M B E R					<b>1</b> Mushroom Pork Cutlet Mashed Potatoes
	<b>4</b> Meatloaf Baked Potato	<b>5</b> Chicken Cacciatore Brown Rice	<b>6</b> Liver and Onions Garlic Mashed Potatoes	<b>7</b> Chili Casserole Cole Slaw	<b>8</b> Meatballs in Honey Mustard Sauce Baby Red Potatoes
	<b>11</b> Roast Beef Mashed Potatoes	<b>12</b> Glazed Ham Calico Bean Casserole	<b>13</b> Baked Chicken Twice Baked Style Potatoes	<b>14</b> Beef Stroganoff Tossed Salad	<b>15</b> Country Fried Steak Mashed Potatoes
	<b>18</b> Pork Steak Mashed Potatoes	<b>19</b> Chicken, Broccoli, & Rice Casserole Three Bean Salad	<b>20</b> Chopped Steak in Burg/Mush Sauce Mashed Potatoes	<b>21</b> Hawaiian Meatballs Baked Potato	<b>22</b> Chicken Chow Mein over Brown Rice Broccoli Cuts
	<b>25</b> Baked Chicken Garlic Mashed Potatoes	<b>26</b> Smoked Sausage Cowboy Beans	<b>27</b> Roast Turkey Mashed Potatoes	<b>28</b> CLOSED Thanksgiving Day	<b>29</b> CLOSED Day after Thanksgiving
D E C E M B E R	<b>2</b> Ham Rolls Sweet Potato Bake	<b>3</b> Lasagna Casserole Mixed Italian Salad	<b>4</b> Swiss Steak Mashed Potatoes	<b>5</b> Chicken Marsala Baby Red Potatoes	<b>6</b> BBQ Pork Cutlet Baked Beans
	<b>9</b> Swedish Meatballs	<b>10</b> Escalloped Potatoes & Ham Casserole Winter Blend Veggies	<b>11</b> Baked Chicken Twice Baked Style Potatoes	<b>12</b> Beef Stew Tossed Salad	<b>13</b> Crispy Fish Fillet Baked Potato
	<b>16</b> Meatloaf Calico Bean Casserole	<b>17</b> Pork Jaegerschnitzel Mashed Potato	<b>18</b> Teriyaki Chicken Baby Red Potatoes	<b>19</b> Salisbury Steak Mashed Potatoes	<b>20</b> Glazed Ham Squash
	<b>23</b> Roast Turkey Mashed Potatoes	<b>24</b> CLOSED Christmas Eve	<b>25</b> CLOSED Christmas Day	<b>26</b> Pepper Steak Baked Potato	<b>27</b> White Chicken Chili Broccoli Cuts
	<b>30</b> Baked Chicken Garlic Mashed Potatoes	<b>31</b> CLOSED New Year's Eve			



# NUTRITION FIT BITS!



## EAT WELL, AGE WELL. OATS/OATMEAL



The average American consumes 2.4 pounds of oats annually. That number is incredibly low compared to wheat, which is 94.6 pounds. One explanation for this is that people generally see oats as solely a breakfast food. However, oats are a versatile food that offers numerous health benefits! The most commonly known benefit of oats is their cholesterol reducing ability. While the mechanics

behind this characteristic of oats isn't fully understood yet, a probable explanation is the soluble fiber found in oats increase bile synthesis and therefore reduces blood cholesterol levels. A study in 2006, by researchers at Tufts University, found that properties found in oats can inhibit the development of atherosclerosis, or hardening of the arteries. Another study in 2004 found that antioxidants in oats may work in unison with vitamin C to prevent cardiovascular disease. Heart disease is also lowered when consuming oats due to their link to lower body weight and blood pressure. In addition to vitamin C, vitamin E is an antioxidant that may help to control LDL (bad) cholesterol levels. Try topping off your oatmeal with foods high in vitamin E, like almonds, walnuts, or peanuts. Lastly, Recent research has suggested that whole grains, like oats, may decrease the risk of type 2 diabetes. Oats provide multiple health benefits, while being simple and easy to make. Check our recipes this month to learn how to incorporate oats into your diet!

~GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students

### Recipe for: Oatmeal Bread

### Beneficial Bites

2 cups boiling water	1 (.25oz) pkg active dry yeast
1 cup rolled oats	½ cup warm water (110°F)
½ cup honey	4 cups bread flour
2 T. butter	2 T. honey, warmed, slightly
2 t. salt	2 T. rolled oats

In large bowl, combine boiling water, 1 cup rolled oats, ½ cup honey, butter and salt. Let stand 1 hour. In small bowl, dissolve yeast in warm water, let stand until creamy. Pour yeast mixture into oat mixture. Add 2 cups flour, mix well. Stir in remaining flour as you would for yeast bread. Turn dough out onto floured surface and knead until smooth and elastic. Place in oiled bowl, turning dough to coat with oil, cover and let rise until doubled. Punch down, turn out onto lightly floured surface. Divide in two and form into loaves. Place in sprayed loaf pans, cover and raise until doubled. Bake 350° about 30 min. Brush w/2 T. honey & sprinkle w/oats.







# CALENDAR OF ADRC EVENTS

**September 25 through October 30 from 9:30-11 am**

Powerful Tools for Caregivers Workshop  
Held at the Watertown Public Library. Meets once a week for six weeks. Call 920-386-3580 to be added to the waitlist.

**October 1 at 10:15 am - FULL**

Dementia Friendly Dodge Horicon Marsh Boat Tours  
Call the ADRC to be added to the waitlist

**October 1 from 1-2 pm**

Monthly Caregiver Support Group  
Meets 1st Tuesday of every month  
Held at the Henry Dodge Office Building in Juneau



**October 1 through November 5 from 6-8:30 pm**

Healthy Living with Diabetes Workshop  
Held at the Waupun Memorial Hospital. Meets once a week for six weeks. Call 920-926-4960 to register.

**October 7 from 9 am-Noon**

Welcome to Medicare Workshop (ALL AGES)  
Open to any persons who are or will be eligible for Medicare in the upcoming months  
Held at the Henry Dodge Office Building in Juneau

**October 7 from 5-8 pm**

Waupun Community Services Open House Event  
Held at 16 E Main St. Open to public. Free family fun activities. Dementia Live experiences available.

**October 11 from 2:30-4 pm**

SPARK! Cultural Programming for People with Memory Loss (Topic: Apples to Apples)  
Held at the Administration Building in Juneau. Meets at various locations in Dodge County the 2nd Friday of the month.

**October 16 from 1-2 pm**

NEW Caregiver Coalition Organizing Meeting  
Held at the Henry Dodge Office Building in Juneau

**October 17 from 2:30-4 pm**

Dodge County Dementia Caregiving Conference  
Held at SpringBrook Event Venue in Burnett. Call 800-272-3900 to register.

**If you would like more information or would like to register for any of the following events, please call the ADRC at 920-386-3580**

**October 17 through November 21 from 2:30-5 pm**

Healthy Living with Diabetes Workshop  
Held at ProHealth Oconomowoc Memorial Hospital. Meets once a week for six weeks. Call 262-928-2745 to register.

**November 5 from 1-2 pm**

Monthly Caregiver Support Group  
Meets 1st Tuesday of every month  
Held at the Henry Dodge Office Building in Juneau

**November 7 from 4-7 pm**

Welcome to Medicare Workshop (ALL AGES)  
Open to any persons who are or will be eligible for Medicare in the upcoming months  
Held at the Henry Dodge Office Building in Juneau

**November 8 from 2:30-4 pm**

SPARK! Cultural Programming for People with Memory Loss (Topic: Dega's Dancers)  
Held at UnMasked Expressive Therapies in Beaver Dam. Meets at various locations in Dodge County the 2nd Friday of the month.

**November 19 from 1-3 pm**

Effective Communication Strategies: When Words Become Lost  
Alz Assoc. and Dodge & Jefferson Cty's Dementia Care Specialists. Held at the Watertown Senior Ctr.

**December 3 from 1-2 pm**

Monthly Caregiver Support Group  
Meets 1st Tuesday of every month  
Held at the Henry Dodge Office Building in Juneau

**December 4 from 9:30 am-2:30 pm**

Respite Day for Family Caregivers  
Held at the TAG Center in Mayville

**December 13 from 2:30-4 pm**

SPARK! Cultural Programming for People with Memory Loss (Holiday Gathering & Explorium Tour)  
Held at Horicon Marsh Education & Visitor Center in Horicon. Meets at various locations in Dodge County the 2nd Friday of the month.

**December 17 from 12-2 pm**

Holiday Party for Caregivers and their Loved Ones  
Held at Horicon Hills Golf Club in Horicon